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(54) FOOD PACKAGE FOR MICROWAVE OVEN COOKING

the lid 31 to release steam and the package naturally contracts to return to the original volume.

(57) Abstract:

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PURPOSE: To realize the optimum cooking condition, by providing a steam escape hole to a container and adhering a valve sheet having a layer of a substance generating heat caused by a microwave to a base film so as to close said hole.

CONSTITUTION: A steam escape hole 4 is provided to the lid 31 of a container 3 and a valve sheet 5 having a layer 52 of a substance generating heat by a microwave is adhered to a base film 51 using an adhesive 6 so as to close the hole 4. As the substance generating heat caused by a microwave, indium oxide, tin oxide or a metal such as aluminum, nickel or tin is used and the membrane of this heat generating substance is provided so as to set the surface resistance thereof to a range of 10^1 to $10^4 \Omega/cm^2$. When a food package 1 is heated in a microwave oven, since the layer 52 of the substance generating heat generates heat, the adhesive 6 is softened to lower in its bonding strength. When the pressure of steam generated from content is raised to a certain limit or more, a part of the valve sheet 5 is naturally exfoliated from the periphery of the hole 4 of

